West Virginia Wellness: Health

Grade 3

Wellness Promotion and Disease Prevention	1	Identify the major organs of the body systems. WE.3.1
	2	Explain the importance of preventing the spread of germs, bacteria, and diseases. WE.3.2
	3	Demonstrate good dental hygiene and discuss potential consequences of poor oral health. WE.3.3
	4	Identify the food groups and recognize food provides energy and nutrients for growth and development. WE.3.4
Wellness Information and Services	5	Define and demonstrate basic first aid procedures. WE.3.5
	6	Distinguish between situations that warrant contacting emergency services and situations that do not. WE.3.6
Wellness Behaviors	7	Explain the importance of using appropriate protective gear for self and others (e.g., helmets, goggles, sunscreen, seatbelts and other safety protocols in various modes of transportation including seat positioning). WE.3.7
	8	Discuss and practice personal responsibility for hygiene. WE.3.8
	9	Demonstrate decision-making skills to avoid unhealthy risk-taking behaviors (e.g., swimming alone, talking with strangers, taking medicines without adult supervision). WE.3.9
	10	Model and practice ways to reduce stress (e.g., deep breathing, mindfulness). WE.3.10
	11	Discuss appropriate and inappropriate uses of over the counter (OTC) and prescription medication. WE.3.11
	12	Compare food choices based on nutritional value, recommended portion, and serving size. WE.3.12
	13	Demonstrate appropriate refusal skills (e.g., clear "no" statement, walk away, repeat refusal). WE.3.13
	14	Assess factors that contribute to achieving and maintaining a healthy body (e.g., food choices, physical activity). WE.3.14

15 **Understand how overall health is affected by different levels of passive technology use (e.g., minimal, moderate, or excessive screen time, video games).** `WE.3.15`